Cats perceive time as passing faster than humans due to differences in sensory processing, physiology, and metabolism.

Critical flicker fusion frequency (CFF) is a measure of temporal resolution. Humans typically register 50–60 Hz, while cats register about 58–80 Hz, indicating cats detect more visual events per second. This suggests a faster internal clock.

Temporal resolution scales with body size and metabolism. Smaller animals with higher mass-specific metabolic rates tend to have faster clocks. Cats fit this pattern compared to humans.

Internal timing models, such as scalar expectancy theory, describe an internal pacemaker emitting pulses. A faster pacemaker results in more pulses in a given physical interval, making that interval feel longer. Cats' faster pacemaker means a second feels longer to them than to humans.

Supporting biological correlates include higher resting heart rates and shorter life expectancy in cats, consistent with a faster physiological tempo, though these are indirect indicators.

Using CFF, a cautious conversion ratio is 1.2: cat time is about 20% faster. A human interval feels longer to a cat.

Conversions (using 1.2×):

- 1 human second ≈ 1.2 cat seconds
- 1 human minute ≈ 1.2 cat minutes (72 cat seconds)
- 1 human hour ≈ 1.2 cat hours (72 cat minutes)
- 1 human day ≈ 1.2 cat days (28.8 cat hours)
- 1 human week ≈ 1.2 cat weeks (8.4 cat days)
- 1 human month ≈ 1.2 cat months (36 cat days, 5.14 cat weeks ≈ 5 weeks + 1 day)
- 1 human year ≈ 1.2 cat years (438 cat days, 62.57 cat weeks ≈ 62 weeks + 4 days)

The conclusion is that human time runs slower than cat time, with the same physical interval subjectively stretched for cats.